

DFRC Aerobics Schedule

Mon		Tue		Wed		Thu		Fri		Sat	
Morning Schedule											
7:45am – 8:30am		Cardio Strength/ Stretch (Theresa)		Cardio Strength/ Stretch (Theresa)							
8:45am-9:45am		Piyo (Elena)	Insanity (Elena)		Cize (Elena)						
9:00am-10:00am										Piyo (Elena)	
10:00am – 11:00am	Enhance Fitness II (Elena)	Mild Yoga (Lea)	Enhance Fitness II (Elena)	Mild Yoga (Lea)	Enhance Fitness II (Elena)	Insanity (Elena) @ 10:15am					
11:30am – 12:30pm	Enhance Fitness I (Lea)		Enhance Fitness I (Lea)		Enhance Fitness I (Lea)						
12:45pm – 1:45pm	Mild Yoga (Lea)		Mild Yoga (Lea)								
Evening Schedule											
5:15pm – 6:15pm	Kid's Insanity (Elena)	Zumba (Lisa)	Piyo (Elena)	Zumba (Lisa)							
6:30pm – 7:30pm	Zumba (Victoria)			Insanity (Elena)							
April 2016											



Hours Of Operation
Monday-Thursday
5:00am-9:00pm

Friday
5:00a.m.-5:00p.m.

Saturday
7:00a.m.-12:00p.m.

Sunday
CLOSED

*Come join us for our new Zumba
class on Monday evenings at
6:30pm*

Participate At
Daniel Fernandez Recreation
Center For ONLY \$2 per day with NO
Membership Fees

Fitness Cards are also
available to be purchased 20 visits for
\$30

Seniors 65 & Older receive 50% off

No Children Under the Age of 14 Allowed in
Weight Room or Aerobics Room at any time

Only Athletic Apparel
Allowed at DFRC. NO Street Apparel such as
boots, jeans, polo shirts, or
sandals.

Like Us On Facebook

Follow us on Instagram:
Los_Lunas_Recreation

Visit our web site:
www.loslunasnm.gov

The Village of Los Lunas will be
holding a free Health Fair at the
Daniel Fernandez Recreation Center
April 8th from 9am-2pm.

For any Questions, Comments, or Concerns Please Contact
Brittany Armijo at 352-7719 or e-mail at
brittany.armijo@loslunasnm.gov

Daniel Fernandez Recreation Center Aerobic Classes

Zumba– fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Achieve long term benefits while experiencing an absolute blast of calorie burning, heart racing, body energizing movements to engage and captivate.

Enhance Fitness– a low cost, evidence based group exercise program to help older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives. A certified instructor will take you through 1 hour of dynamic exercise at a pace right for you.

Insanity– considered max interval training because it keeps your body working at a maximum capacity throughout the entire workout. You keep pushing your limits and your body adapts, which is how you get into such insane shape.

PiYo– uniquely designed class to build strength and flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun and challenging while making you sweat.

Mild Yoga– this training class helps to improve strength, balance, mental and emotional clarity, and pain relief; all while increasing energy.

Cize– known as the “end to exerCIZE”, with a breakdown of moves your whole crew will be busting out the entire routine by the end of class.